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Computer virus hits patient files

RECORDS Nearly 12,000 Edmontonians have been touched by a ravaging virus that can't be treated with conventional medicine.

The stealth-like "core flood" computer virus spread quickly and silently through the Alberta Health Services network for two weeks in May.

Since the security breach, health officials have determined 11,582 patient files containing vital information and medical records may have fallen into the wrong hands, though they don't believe the authority was targeted.

Officials with Alberta's information and privacy office shared that sentiment, assuring potentially affected patients the risk for identity theft is low.

VICTORIA HANDSIDES/
 METRO CANADA

SunnySide
 Follow Metro's SunnySide initiative as we help you find the good news around Calgary and Canada. This is also a Call to Action for you to send us your suggestions at calgaryletters@metronews.ca, metronews.ca or on Twitter @metrocalgary.
 On metronews.ca
 • Calling all Calgarians: Share your SunnySide thoughts on what makes Calgary tick — people, places, events and architecture — on Twitter using #sunnyside
 • See what other Metro readers are doing and saying about SunnySide.

Stampede



Jason Miller of Lance Creek, Wyo., gets in six seconds of steer wrestling during rodeo action at yesterday's Calgary Stampede.

Mud wrestling

ROBIN KOUNSKY/METRO CANADA

Hospital focused on prevention

JOEL MESSNER
 for Metro Calgary

H1N1 The Alberta Children's Hospital is focused on making sure it controls the current outbreak of influenza A (H1N1), also known as swine flu, while preventing future ones as well.

On Monday, three cases of the flu were confirmed at the hospital, with two children and one staff member contracting the virus.

The hospital is now looking at the measures it has to take to prevent another outbreak.

"There are a few things we can do to make sure this doesn't happen again," said Dr. Richard Musto, medical officer of health for the Calgary area.

"The first is directed at the public and to remind people if they are ill, they should not be coming into the hospital."

Musto said the hospital also needs to make sure staff members are not entering the hospital if they are unwell, and to make sure people in the hospital use proper etiquette such as washing their hands and coughing into their sleeve.

Musto did admit that there is no guaranteed way to prevent an outbreak.

It is believed that the infected children caught the influenza virus while they were in the hospital.

None of the cases are considered life-threatening.

Clinic to shut down

Complaints driving methadone centre out of Braeside

AMY GREGSON
 for Metro Calgary



"The clinic staff decided that they couldn't operate under that type of hostility."

Hugh Ham, lawyer

After an angry uproar at the Braeside town hall meeting Tuesday night, the Second Chance Recovery Methadone Clinic is officially closing its doors in Calgary.

Hugh Ham, lawyer for the clinic, said the hostility from the residents of Braeside has led the centre to seek alternative arrangements for its patients before it shuts down.

"The clinic staff decided that they couldn't operate under that type of hostility," said Ham.

He added the clinic will close because they are concerned for the safety of patients and staff in the community.

The reason for the announcement yesterday, Ham said, was to ease the community's anger and displeasure.

The clinic will not try to relocate anywhere in Calgary because it cannot move into any industrial areas due to land zoning.

The right zoning tends to be found in residential communities, where the clinic is likely to face more opposition, said Ham.

He said the city was not willing to work with the clinic to move within the community.

However, both Ald. Brian Pincott and Kim Edwards, president of the Braeside Community Association, said they were willing to enter into a Good Neighbour Agreement with the clinic.

Edwards said the meeting with the residents was passionate and that they should welcome the decision.

"I believe that the residents who were very upset that clinic was opening will be very happy," Edwards said.

Edwards added that because doctors were not present at the meeting under their lawyer's advice, residents were unable to hear their side of the story and learn more about the clinic.

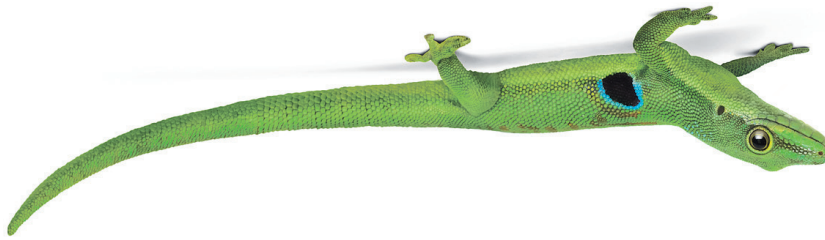
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Police search for sexual-assault suspect

Police are looking for a Caucasian in his late 30s or early 40s, about five-foot-10 with slim build, wearing a red baseball cap and black, waist-length track-style jacket in an alleged sexual assault Saturday around 9:55 a.m. along 5 St and 4 Ave SW. **METRO CALGARY**

3

Local

**Jammin' at Millenium Park**

The Calgary Reggae Festival Society is looking for volunteers to assist with this year's ReggaeFest, scheduled for Aug. 15 at Shaw Millenium Park. Volunteers for a variety of position are needed. For more information go to reggae fest.ca, or you can phone 403-355-5696.

METRO CALGARY

Calgary in brief

THEFT A crook made off with a limited edition Sidney Crosby print from the Strathmore Tim Hortons, RCMP said yesterday. Police allege the man, described as Caucasian, in his early 20s, six feet tall and 180 pounds with medium build and light, short hair, and wearing a white T-shirt, jeans and dark runners, waited until staff weren't looking before lifting the print from the wall and fleeing.

TRAVEL ALBERTA Bruce Okabe was announced as the new CEO of Travel Alberta, having come from InterVistas, a Vancouver-based global transportation and tourism consulting firm. He was also deputy minister in tourism, sport and the arts for British Columbia from 2006 to 2008.

ROBBERIES Police are looking for two men alleged to have robbed three city liquor stores between June 20 and 24. The June 20 robbery took place at the Liquor Company at 1110 Canterbury Dr. SW. The same store was robbed again June 24. Police believed the duo are also responsible for a robbery at Deep's Liquor Store at 3250-60 St. NE on June 24 around 11:45 p.m.

FIGHT A man in his 60s is in hospital with serious injuries, police said, after an altercation Tuesday night at around 10:30 p.m. in the 4700 block of 16 Ave. NW. Police are looking for the second man involved in the incident. Anyone with information is asked to call police at 403-266-1234 or Crime Stoppers at 1-800-222-8477.

APPOINTED John Randolph Shaw was appointed as a Calgary Family and Youth Provincial Court judge, effective July 8, the province announced yesterday. He had been a volunteer for the U of C intensive trial advocacy workshop and founding and current member of the Sarcee West Youth Justice Committee.

METRO CALGARY

Private recyclers kicked to the curb?

CRASA suing for \$7.5 million, claiming City of Calgary created monopoly

JOEL MESSNER
for Metro Calgary

Private recycling collectors claim they're out nearly \$3 million annually, after the city took control of residential curbside recycling in April.

According to the Curbside Recycling Association of Southern Alberta bidding guidelines were made unattainable for private recyclers.

Steve Tisshaw, owner of

Recycle Blue and representative for CRASA, said the only way a private recycling company would have received a contract with the city is if they had \$10 million and were willing to buy new trucks. Tisshaw said none of the private recyclers in the curbside association had that kind of money.

This apparently cleared the way for the city union to secure the contract, Tisshaw claims.

"The city asked waste

2.8 The curbside recycling association is claiming the city has taken away the approximate \$2.8 million they made annually.

and recycling to work with us," said Tisshaw, adding he believes the department decided to go in a different direction.

It has left a big hole in Tisshaw's business. The curbside recycling association is claiming the city has

taken away the approximate \$2.8 million they made annually, and as a result of this the association is suing the city for \$7.5 million, claiming the city has created a monopoly.

Private recyclers aren't the only ones who expressed concern with the bidding process. Information from minutes in a Calgary Chamber of Commerce presentation to the standing policy committee on utilities and environment in February of 2008

showed there were problems from the beginning.

"In regards to the recycling program as currently formulated, the Chamber believes that a less than optimal RFP process, or a critical oversight in the RFP document or process, resulted in awarding 100 per cent of the contract to one of the drafters of the RFP," stated the minutes.

Repeated calls for comment from the waste and recycling services went unanswered.

New path system to cost Calgary \$6M

JOEL MESSNER
for Metro Calgary

BIKES Calgary's pathway system will be getting a major addition along the city's east side.

Parks Foundation Calgary announced yesterday that it will be building 10 kilometres of bicycle pathways called the East Calgary Greenway, from Airport Trail down to the Elliston Park Region at 17 Avenue SE.

"This is an exciting, dynamic undertaking for Parks Foundation Calgary. It will build on Calgary's extensive pathway network as well as signal a new era for our organization," said Myrna Dubé, president of the Parks Foundation Calgary.

The Parks Foundation hopes to have the new pathway built by the end of this year.

The new leg project will cost the city and the non-profit organization \$6



Parks Foundation Calgary announced a 10-kilometre addition to the Perimeter Greenway.

million.

This is part of the parks foundation's Calgary Perimeter Greenway, which will be a 120-kilometre route of pathways going around the entire city along the ring road.

Although the Parks Foundation feels like these paths will benefit Calgary

and its residents, some locals aren't convinced.

"I don't know that it is necessary," said Vince Chew, who lives minutes away from the proposed pathway. "I doubt I would use it and I think there's probably better things that \$6 million could be spent on."

Chew feels like there are already plenty of pathways in the city and would like to see the city concentrate on the ones we already have.

"I would rather see our current pathways repaved first, especially the ones along the river," said Chew.

Astronaut given honorary degree

SPACE A Canadian astronaut "flipped" when he was awarded an honorary degree in space yesterday.

The University of Calgary delivered an honorary doctor of laws degree to Canadian Space Agency astronaut Robert Thirsk via live downlink from the International Space Station.

"Dr. Thirsk is a tremendous ambassador for the University of Calgary and for Canada" said U of C president Harvey Weingarten during the live convocation ceremony.

Thirsk, who did a flip to show his excitement, said it was a "very special honour."

Thirsk was first recognized by the University of Calgary in 1985 when he was the first person to receive the Distinguished Alumni Award.

Victim succumbs to stab wounds

CRIME A downtown resident who was rushed to hospital early Saturday morning suffering from stab wounds has now become Calgary's 15th homicide victim of 2009.

Calgary police confirmed that James Dale Larder, 33, succumbed to his injuries while in hospital Monday afternoon. In the early morning hours of July 4, police responded to a disturbance complaint at a downtown apartment building in the 1000 block of 6 Ave SW. Shortly after police arrived, they found Larder lying in a hallway.

The homicide unit is investigating. **METRO CALGARY**



A Crime Stoppers reenactment of the shooting of an Enmax transformer in June, for which police are seeking suspects.

Police search for suspects in destruction of transformer

AMY GREGSON
for Metro Calgary

CRIME A crime on the outskirts of Calgary had Crime Stoppers re-enacting the incident yesterday to try to garner up any new leads.

An unknown number of offenders allegedly shot at an Enmax transformer June 22 with a high-powered shotgun at a residence on 88 Street SE causing about \$7,000 in

damage.

"Any vandalism on our system is not only a concern for ourselves, it should be a concern for all customers," said Murray McGonigle, from Enmax.

"Not only is the cost borne by them through rate based, but it can be a very dangerous situation as well."

Police found several shells at the scene and determined that the guns used were a 303-calibre

British Army rifle and a .22 calibre long gun.

Const. Graeme Smiley said that taking shots at a transformer is a huge public safety issue and actually constitutes a number of criminal code offences.

"The reality is the damage and the potential injury that could have occurred is great."

Anyone with information is asked to contact Police at 403-266-1234 or Crime Stoppers at 1-800-222-8477.

metronews.ca

What's online today.

Video Nova Scotia politicians welcome Paul McCartney to Halifax with Abbey Road homage, at metronews.ca/canada

Blogs Josey Vogels on the unsurprising hazards of self-circumcision

Lotteries KENO
Lotto 6/49: 12, 32, 35, 36, 37 & 46. Bonus 23.
These results are not official.

Canada



Telemarketers served with notice

The Canadian Radio-television and Telecommunications Commission has served two telemarketers who broke Canada's do-not-call-list rules with notices of violation, CBC News Online reports. The notices "serve as a warning to telemarketers that we will not look the other way if they break the rules and invade the privacy of consumers," Leonard Katz, the CRTC's vice-chairman of telecommunications, said in a release yesterday.

METRO NEWS SERVICES

News in brief

MILITARY Canada will spend about \$5 billion on light armoured vehicles for its military, the government said yesterday. About \$1 billion will be used to upgrade the current fleet of light armoured vehicles, with the remainder to go toward a new generation of combat vehicles and their upkeep. The Canadian Forces will start using the new vehicles by 2012, with a fully operational fleet intended for 2015. **REUTERS**

G8 SUMMIT The world's largest and richest industrialized countries have pledged to keep the public spending taps open as long as necessary to prop up a shaky global economy, leaders in L'Aquila, Italy decided yesterday. Under steamy skies in the earthquake-shattered mountain city, the leaders of the Group of Eight nations including Prime Minister Stephen Harper, also moved to adopt a new approach to cutting global warming. **TORSTAR NEWS SERVICE**

Moscow Space oddity



Guy Laliberte, the Canadian billionaire owner of Cirque du Soleil, lies in a special capsule filled with gypsum for a seat moulding outside Moscow yesterday. Laliberte is slated to become the world's seventh, and Canada's first, space tourist, travelling on a Russian Soyuz craft to the International Space Station in September.

Harper's missing host

PM commits Catholic faux pas in advance of Papal meet

Days before Stephen Harper is to have a private audience with Pope Benedict XVI, the prime minister is at the centre of a Roman Catholic faux pas.

While attending a state funeral for former governor general Romeo LeBlanc last week, Harper received a sacramental communion wafer in contravention of church practices for non-Catholics, and then appeared not to consume it.

Catholics believe that the wafer, or host, once consecrated during the mass by a priest, becomes the body and blood of Jesus Christ and must be consumed when received, a Catholic official explained to the media.

Sensitive to the optics, a

Population

- According to the 2001 Census, more than 43 per cent of Canadians or almost 13 million described themselves as Roman Catholics, making it the largest religion in the country.

spokesperson for Prime Minister Stephen Harper vehemently denied earlier reports he pocketed it.

"The prime minister was offered communion, he accepted it and without a doubt consumed the wafer," Dimitri Soudas said yesterday in an interview from L'Aquila, Italy, where Harper is attending a G8 summit.


After the summit wraps

up, Harper is to have his private audience with the Pontiff on Saturday.

The incident was ratcheted up when the video clip made it to YouTube.

It shows Harper holding out his hand for the wafer, which he holds onto instead of consuming right away, while it also clearly shows New Brunswick Lieutenant-Governor Herménégilde Chiasson, the next person to receive the host, raise it to his mouth. Even seconds later Harper still had not put it in his mouth. Neil MacCarthy, a spokesperson for the Archdiocese of Toronto, explained that Harper still should not have accepted communion given he isn't Roman Catholic.

TORSTAR NEWS SERVICE



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Good call

Indonesia's voters handed President Susilo Bambang Yudhoyono a second five-year term yesterday. **REUTERS**

World

G8 aims for 2 C

The G8 agreed yesterday to try to limit global warming to two degrees Celsius and cut its greenhouse gas emissions by 80 per cent, but it failed to persuade China and India to join a bid to halve world emissions.

With only five months until a new UN climate pact is due to be agreed upon in Copenhagen, climate change organizations said the G8 had left much work

to be done and ducked key issues. China and India resisted signing up for a global goal of halving worldwide greenhouse gas emissions by 2050. The G8 statement also failed to pinpoint a base year for the 80 per cent reduction — saying it should be “compared to 1990 or more recent years” — meaning the target was open to interpretation.

"The world will recognize that today in Italy we have

laid the foundations for a Copenhagen deal that is ambitious, fair and effective," said British Prime Minister Gordon Brown.

The G8 backed the creation of a global carbon trading market and a fund financed by rich nations to pay for technological change, but it fell short of the \$100 billion US a year advocated by Britain's Brown and non-governmental groups.

REUTERS

Chinese troops move into Urumqi

CHINA Banks of paramilitary police fanned out in the Chinese city of Urumqi yesterday to try to stifle unrest days after 156 people were killed in the region's worst ethnic violence in decades.

The city imposed an overnight curfew on Tuesday after thousands of Han Chinese, armed with sticks, knives and metal bars, stormed through its streets demanding redress and sometimes extracting bloody vengeance on Muslim Uighurs for Sunday's violence.

Many took to the streets again yesterday and even with helicopters hovering overhead there were scuffles in a volatile crowd of around 1,000 as police seized apparent ringleaders, prompting cries of "release them, release them."

Urumqi airport was crowded with people anxious to leave, the official Xinhua news agency said. "We fear Xinjiang is not



Chinese soldiers go up the stairs to an overpass to clear a gathering of Han Chinese in Urumqi yesterday.

Hotbed

- Xinjiang has long been a tightly controlled hotbed of ethnic tensions, fostered by an economic gap between many Uighurs and Han Chinese, government controls on religion, culture and an influx of Han migrants.

safe any more," said one passenger who refused to be identified.

Their fear was borne out downtown. In one street, two young boys were surrounded by an angry mob, with dozens trying to pull them down and grabbing at their hair.

Internet access in the city was blocked yesterday except in the business centre of one hotel for foreign reporters.

Russia put its support firmly behind China, saying the violence was a purely internal affair.

REUTERS

News in brief

AFGHANISTAN Afghan law does not protect rape victims and for too long communities have turned to traditional forms of justice which tend to criminalize victims of a profound problem, the UN said yesterday. "This is an issue that is under-reported and to a significant extent concealed, but it

is a huge problem in Afghanistan,” Norah Niland, the UN’s human rights representative in Afghanistan said.

CYBERATTACKS More than two dozen Internet sites in the United States and South Korea, including the White House, were attacked in recent days by hackers that South Korea's spy

agency said may be linked to North Korea. U.S. government websites that had been targeted were up and running and day-to-day operations at the White House and Pentagon had not been affected, officials said. U.S. officials also said it was premature to say who was responsible.

REUTERS

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Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONews.CA

Comment

Heartbreak of losing a pet

Relating

Steve Collins

metronews.ca/collins

Mojo was the dear dog of a dear friend, a pit bull of undetermined but advanced age that finally caught up with her the week before last.

She was small, but had the musculature of her breed, matched with the sweetest of dispositions. Indeed, Mojo could be fairly characterized as a complete suck and a chronic worrier, skinny wee legs scrabbling anxiously whenever she crossed a slippery, uncarpeted floor in a desperate run for the couch and a cuddle.

She was a one-dog rebuttal of the Ontario government's legislative restric-

tions on pit bulls, a morose crackdown on a whole breed of dog anecdotally believed to be bad instead of on bad dogs.

Mojo would no sooner bite someone than scandalize them by reciting a dirty limerick, but wore her legally mandated, stigmatizing Hannibal Lecter muzzle anyway, with minimal complaint.

The old girl's winter was not a good one, and spring wasn't much better. She lost her appetite and a lot of weight. Her energy was low, her immune system was not what it used to be. Last month, it got worse.

Compounding this heartache is it is usually up to the owner to decide when the poor pooch has had enough and pre-empt

On the web
For more views on relating, go to Love Bytes at metronews.ca/blogs

any more suffering with a final car ride to the steel table and the needle.

Also not always helping is the vet — professional and reasonably compassionate, but at the end of the day there to make a buck. Want to be with your beloved pet as she dies? That will cost extra. Why? It certainly

costs the vet no more, but if it's important to you, you'll pay.

It amazes and alarms me that there are still such true believers in private enterprise that they want to make visiting the doctor in this country

more like visiting the vet.

The condolences to my friend have been plentiful and sincere, in particular from other dog owners.

Dog people know how much goodbye hurts and that it's never far away. Dogs age so quickly, so inevitably, from callow to codger right before your eyes in a handful of summers. Maybe the brevity of our time together is the lesson: Life's short, so let's chase some squirrels right frigg'n' now!

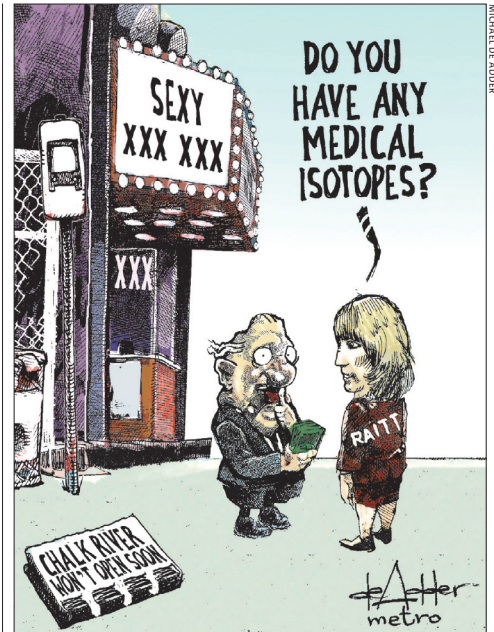
The surprising thing about dog people is how they're willing to get their hearts broken like this and then start all over again. Don Cherry is perhaps an extreme example, with his series of dogs named Blue, after the original, who died in 1989.

Other dogs will come and cruelly go, but there was only one Mojo.

Requiescat in pace.

Steve Collins offers his best guesses on relationships for Metro every two weeks.

"Dog people know how much goodbye hurts and that it's never far away. Dogs age so quickly, so inevitably, from callow to codger right before your eyes in a handful of summers."



Worth mentioning

Source of new flu virus on Canadian farm not clear

Canadian officials don't know how two Saskatchewan hog farm workers contracted a new flu virus, as the pigs tested so far on the farm where they work have demonstrated a common flu strain, not the new virus.

The new virus, which Canadian officials announced Tuesday and have reported to the World Health Organization, contains genes from a seasonal human H1N1 flu strain and a flu virus common in the swine population called triple reassortant H3N2.

The virus is not connected to the new influenza A (H1N1) strain, also known as swine flu, that has killed 429 people worldwide. "The new virus" causes some concern because if it came from pigs, which we don't know, it fuels the fire for people who view the pig as a mixing vessel (for flu viruses)," said Dr. Keith Campbell, national manager of animal biosecurity for the Canadian Food Inspection Agency. He was speaking at a conference in Saskatchewan hosted by the newly formed Canadian Swine Health Board.

Campbell declined to speculate on other potential sources of the new flu virus. **REUTERS**

Samples tested

• Saskatchewan health officials have tested about 500 samples submitted from people with flu-like symptoms in the past few weeks and found only the two hog workers and a third possible case showing the new virus, said Dr. Saqib Shahab, the province's deputy medical health officer.

Views

Technology and spying go hand in hand

ModernLife

Georgie Binks

Recently, a woman brought her car into one of those newfangled surveillance shops, convinced her husband was spying on her. Sure enough, a quick peek underneath the frame turned up a tracking device. Was divorce next? Nope. She simply had it removed — c'est la vie for the course of love these days — and her suspicious husband arrived the next week demanding to have another device installed.

These days it's so easy to spy on your lover, cheating

of the past seems downright quaint. While watching an old episode of Melrose Place recently, I gasped as a doctor phoned his wife to say he was working late whilst winking at his lover. Call display would surely out him. And get this: I cheered when I realized it couldn't be part of the plot line because it hadn't been invented when that series was shot! It's not that I support cheating, I just hate the rampant invasion of privacy — even when it comes to sex. Let me rephrase that: Especially when it comes to sex!

If it's any comfort, cell-phones make it easier to cheat. They let you pretend you're walking the dog when you're actually showing off your latest Victoria's Secret purchase to Hugo (explains the growling in

the background, anyway). Just don't let your mate buy you a fancy cellphone that transmits conversations once the phone is turned off — yes, they do exist.

One friend knew her husband had draped voice-activated tape machines around her house and car so she tailored her conversations accordingly. "I just love him so much — he's so good to me," she'd chirp, making fake plans with her friends and then drive to her lover's. Her fun wasn't just infidelity, it was outwitting her prison guard-like husband.

Just as teenagers blow a curfew because it exists, the same goes for cheating. If you're trapped in some technological cage, you'll be as determined as Prison Break's Lincoln Burrows to outwit the authorities.

Scarily enough, your own monitoring gadgets can sometimes catch up to you. Last year, intent on nabbing the jerk vandalizing my property, I hooked up a tiny outdoor camera to a VCR. Darned if I didn't make a quick trip to the drugstore one night and return to find someone checking the tape to see where I'd gone. (Thank God I didn't spontaneously kiss a stranger while I was transporting my prescription back into the house!)

I remember Tom Robbins asking in Still Life With Woodpecker — how do you make love stay?

I bet he never thought the answer would be a GPS tracker.

Georgie Binks is a Toronto freelance writer who writes about gender and relationships; georgiebinks@rogers.com.

Metro Online Poll Results

37% SAID YES

Did you watch Michael Jackson's memorial service?

Weigh in on today's question at metronews.ca

63% SAID NO

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Calgary Stampede

With acrobats soaring, jugglers and contortionists performing before a dramatic lighting and fireworks display, the reinvented Grandstand Show, called the Big Show, lives up to its name.


ROBIN KUNISKI / FOR METRO CALGARY



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Did you know?
Patsy Rodgers became the first Stampede Queen in 1946. CS.CALGARYSTAMPEDE.COM

Calgary Stampede

New poster captures an Outlaw

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Focusing again on pure athleticism and reputation, the Stampede announced one of the world's finest rodeo stars featured on the 2010 poster.

Outlaw, the red and white speckled bull known around the rodeo world, was chosen by the Stampede's president to be featured on the traditional Stampede poster.

"I chose an athlete again and one that left us before our time, but should be honoured," Dr. David Chalack said of the legendary bull.

Outlaw was ridden 71 times, but only once was he ridden for the full eight seconds by Justin Volz, who scored 93 points and



Don Oelze, along with a few Stampede bull riders, pose with Oelze's depiction of Outlaw the bull. The painting was chosen for the Stampede's 2010 poster, which was unveiled at the BMO centre.

won the title of Stampede champion in 2003.

"Outlaw may have been docile and unassuming in

the pasture and gentle in the chutes, but you could see the danger in his eyes the moment the gates

opened," Chalack said, adding the bull had a rare ritual after he bucked riders off.

Outlaw would stare down the cowboy and nod his head to their fallen hats after bucking the rider off, Chalack said.

"Not all bulls behave like that and it was an honour. Bulls like this only come around once in a lifetime."

Artist Don Oelze was chosen, all the way from Montana, to capture the spirit that was Outlaw in a piece of art to be remembered forever. "I'm honoured and truly privileged, especially as an American to be part of a great Canadian tradition that is the Calgary Stampede and the Stampede poster," he said.

Oelze said he wanted to make the bull as big as he is in real life, something he thinks he captured.

"My point of view of Outlaw is he captures what is best about the West," he added.

WHAT'S ON

Cooking demo

There will be three open fires built in the Indian Village, where a cooking demonstration will take place at 11 a.m. In the Indian Village Zone.

Christine Ford

The Artist's Window offers the chance to see Christine Ford work with oil/acrylic. Between 11 a.m.-3 p.m. in the BMO Centre Zone.

Cookie Monster & Abby Cadabby

Meet these lovable characters from Sesame Street from 11 a.m.-2 p.m. at Jaycee Park in the Agricultural Zone.

Comic Relief

Families will get an 8x10 professional comic book page starring them. From 11 a.m.-8 p.m. at the BMO Kids Zone in the Pengrowth Saddledome Zone.

Jessica Dayle

Catch this country singer/songwriter performing at Window on the West Stage in the BMO Centre Zone at 11:30 a.m.

Doo Doo the Clown

Watch Doo Doo the Clown stage his hilarious show of comedy at Buckaroos in the Big Four Building at 12 p.m. and again at 3 p.m.

Trick Riders

Watch cowgirls perform acrobatic stunts on horseback at Big Top Tent in the Agricultural Zone from 12:30 p.m.-12:45 p.m.

Recycled Percussion

This group performs with kits including ladders, buckets and mortar casings. Runs at 4:15 p.m., 7:30 p.m. and 10 p.m. at the Saddledome Plaza Stage in the Corral Entertainment Zone.

METRO NEWS SERVICES

Stampede music lineup Coca-Cola Stage

11:30 a.m.: Playdate with Max & Ruby

1 p.m.: Playdate with Max & Ruby

2 p.m.: Hypnotist Terry Stokes

3:30 p.m.: Playdate with Max & Ruby

5 p.m.: Hypnotist Terry Stokes

9 p.m.: Terri Clark

Nashville North Stage

Between 1 p.m. and 8 p.m.:
Krysta Scoggins & Shane Chisholm

6:30 p.m.: Nashville North Star

9 p.m.: Jason Blaine

11 p.m.: Hey Romeo

12:15 a.m.: Hey Romeo

Army of youth clean grounds

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Armed with garbage bags, gloves and brooms, more than 200 youth are cleaning up after the hundreds of thousands of Stampede visitors on a daily basis.

The Calgary Stampede Green Team is a partnership between the Calgary Stampede and the Boys and Girls Club of Calgary (BGCC), and for the 37th year, it is having continuing success, according to the co-ordinator.

"It's a lot of fun for the



Green Team cleanup crew members Shannon Borynsky, 14, and Curtis Zeiler, 14.

kids and they gain their first work experience and it also teaches them leader-

ship, interviewing and budgeting skills," said BGCC co-ordinator Breanne Westlin.

Youth between the ages of 12 and 18 work from 9 a.m. until 2 a.m. cleaning up the grounds of garbage and recycling. Westlin added.

Shannon Borynsky, 14, and Curtis Zeiler, 14, both enjoy the paycheck at the end of the 10-day fair, but they say they also like the atmosphere of the Stampede. "I have actually done this for three years and I just like the experience," Borynsky said. "Maybe next year I might do it again."

What about all the rain? Zeiler actually likes it better that way. "I like the rain much more than the scorching heat, so I would say the weather has been on our side," he said.

About the Green Team

- The program was established in 1972.
- There are 220 young people between 12 and 18 working daily at various shifts.
- Since 2004, Waste Management has become another partner.

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By the numbers

The Stampede Showband marches nearly 150 kilometres during the 10-day Calgary Stampede. CS.CALGARYSTAMPEDE.COM



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Calgary Stampede

Hypnosis doesn't work for everyone

KRISTA SYLVESTER

krista.sylvester@metronews.ca

Apparently, I'm too stubborn to be hypnotized, but maybe the third time is the charm.

After watching the Terry Stokes live hypnotism show on the Coca-Cola Stage, I decided I wanted to be put under the trance, but my mind had other plans for me.

As nervous as I was before getting onto the stage, once I was there, Stokes made me feel at ease, alongside the other 11 chosen to be hypnotized. As I raised my arms and relaxed I couldn't help but think, "Is this really going to work?"

But as I relaxed and drifted to the words of Stokes, I started feeling light and in a daze, but one by one Stokes put the others to sleep and when he commanded me to sleep — it didn't work.

"About 80 per cent of people are hypnotized," Stokes tells me afterwards. He thinks if I wasn't writing a story it may have worked.

"You were borderline, so close," he said, adding we could try again.

But maybe it's a good thing it didn't work as a few of the other ladies were singing their hearts out, thinking they were Shania Twain and Britney Spears. That could have

been me.

"It's just a lot of fun, I love coming to Calgary for the Stampede and it's like a vacation for me," Stokes said.

I'm a little jealous it worked on everyone else, but I think I might try again and again, until it does.

Katelyn Bryan, 15, was one of the lucky ones hypnotized and said she was aware of what she was doing but couldn't stop herself.

"I'm sure I will be embarrassed when I watch the tape, but it was fun. I don't think I would normally do that stuff," she said, after kissing her best friend on command.

"That was a little awkward."



Metro Calgary reporter Krista Sylvester and fellow participants fall under the spell of hypnosis.

Rodeo event winners

Bareback

1. Kaycee Feild, Elk Ridge, Utah, on Silver Moon: 87.0.
2. Bobby Mote, Culver, Ore., on Alley Trail: 86.5.
- 3/4. Dustin McPhee, Hanley, Sask., on Cajun Queen: 84.5.
- 3/4. Will Lowe, Canyon, Texas, on Painted Smile: 84.5.

Bull riding

1. Wiley Petersen, Pocatello, Id., on Oakie Doakie: 87.5.
2. Steve Woolsey, Payson, Utah, on Snowball: 82.0.
3. Kanin Asay, Powell, Wyo., on Teddy Bear: 80.5.

Ladies' barrel racing

1. Tammy Key-Fischer, Ledbetter, Texas: 17.59.
2. Lindsay Sears, Nanton, Alta.: 17.62.
3. Brittany Pharr, Victoria, Texas: 17.63.

Saddle bronc

1. Rusty Allen, Eagle Mountain, Utah, on Spring Planting: 86.0.
- 2/3. Taos Muncy, Corona, N.M., on Fu Man Chew: 84.5.
- 2/3. Cody Wright, Milford, Utah, on Spring Blues: 84.5.

Steer wrestling

1. Dean Gorsuch, Gering, N.E.: 3.8.
2. Todd Suhm, Weatherford, Texas: 3.9.
- 3/4. Ken Lewis, La Junta, Colo.: 4.5.
- 3/4. Luke Branquinho, Los Alamos, Calif.: 4.5.

Tie-down roping

1. Trevor Brazile, Decatur, Texas: 6.5.
2. Ryan Jarrell, Summerville, Ga.: 7.0.
3. Stran Smith, Childress, Texas: 7.1.

Kids Day a big hit with local families

KRISTA SYLVESTER

krista.sylvester@metronews.ca

Karen Timmons and her three kids made a picnic type-setting in front of the Coca-Cola Stage hours before their favourite show was set to begin.

Coming down to the park for BMO Kids Day and of course, High School Musi-

cal, Timmons and her children joined hundreds of other kids and families in anticipation of the popular musical performance.

"We came early for High School Musical first and foremost, and it just happens to be on Kids Day," she said. "The kids really like the movies and we thought the performance would just be a lot of fun."

While Timmons planned on getting to the park early for the show, some other parents didn't even know it was Kids Day, including father of two Matt Kuryluk. "I didn't know but it turned out to be an added (bonus) because there is a lot of kids stuff to keep the kids busy and happy," he said, holding his one-year-old and towing along his four-

year-old. "We're just going to spend the day here and it's all about my kids."

"It's their first time."

Kids and families were kept busy, and there were thousands taking in the sights and sounds and tastes of the park.

"We're here to enjoy the rides, the food, the games, the entire day as a family," Rick Dzuis said.



Khayam Yousifshahi, 11, gets a tour around a Canadian Military G Wagon by Cpl. Scott Gourlay during Kids Day.

Metro asks: What Coca-Cola Stage acts have been your favourite or which ones did you want to watch?



Hannah Jenkins

A: Three Days Grace because I love the band and wanted to see them.

Ed Mcauli

A: Definitely not Hinder at all, I think they sucked and I didn't like the performance.



Geoff Freeborn

A: We didn't really see any shows yet, but we would see Daniel Wesley.



Nahanni Giurich

A: Terry Stokes is my favourite. I think I will try it next year; I just think it's really funny.



Photo credit: KMS/Goldwell

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Mortgage company, 13 others indicted in \$12M real estate fraud

New York prosecutors yesterday said 13 people and a mortgage origination company have been indicted on charges of running a multimillion-dollar real-estate fraud that cheated lenders through sham sales. The indictment charges the defendants with 19 fraudulent mortgage transactions totalling more than \$12 million US. **REUTERS**

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

WestJet adds 11 new flights

Calgary-based WestJet Airlines said yesterday that it is adding 11 new destinations in the U.S. and the Caribbean next winter in what it described as its biggest seasonal expansion to date.

While the growth spurt could be viewed as an attempt to steal market share from struggling rival Air Canada, one analyst noted WestJet Airlines is pressing ahead with its expansion plans in the face of a weak economy that has caused a pullback in travel spending. Most of

U.S., international destinations

- WestJet's new U.S. destinations are Lihue, Hawaii; Miami and Atlantic City.
- Its new international destinations are Varadero, Cayo Co-

co and Holguin in Cuba; Ixtapa and Cozumel in Mexico; St. Martin; Providenciales, Turks and Caicos; Freeport, Bahamas.

the new destinations are sunspots that don't have much air service.

"Canadians are very sun-minded come the winter months," said Rick Erickson, an independent aviation consultant based in Calgary. However, Erick-

son said WestJet appears to be gambling that the economic downturn will ease in the near future.

The move comes as both WestJet and competitor Air Canada grapple with dwindling passenger numbers. Meanwhile, Air Canada's

recent efforts to be more customer friendly in a bid to protect market share and preserve cash during the current economic downturn may be "too little, too late," an equity analyst warned yesterday.

Fadi Chamoun, an analyst at UBS Investment Research, said the outlook for the airline is bleak as profitability is hampered by weak demand and frequent seat sales.

He said he is projecting a full-year loss of \$6.03 per share for the airline in 2009. **TORSTAR NEWS SERVICE**

Canuck firm wins dinner with Buffett at auction

CHARITY A Canadian wealth management firm has won last month's charity auction of a steak lunch with Warren Buffett, in which it agreed to pay \$1.97 million to dine with the world's second-richest person.

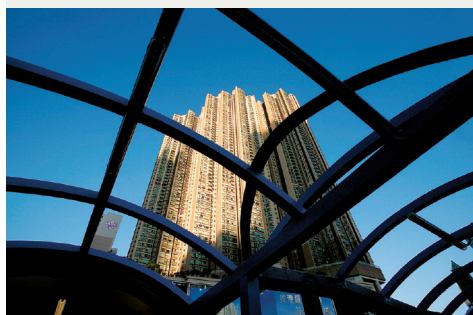
Salida Capital Corp., a Toronto-based firm, was the top bidder on the steak dinner for the winner and up to seven guests in the auction, which ended June 26. The identity of the win-

ner had previously been kept secret.

The auction benefited the Glide Foundation, a nonprofit in San Francisco's Tenderloin district that offers housing, job training, health and child care and meals for the poor.

Glide has raised more than \$6.93 million from such auctions in each of the last 10 years, including a record \$2.47 million in 2008. **REUTERS**

Hong Kong Bubble-free housing



Luxurious high-rise residential apartments are seen at Hong Kong's Tsim Sha Tsui district yesterday. Financial Secretary John Tsang pointed out Monday that no bubbles had been observed in Hong Kong's property market because of improved public ability to repay loans and the government's adequate surplus.

Google takes aim at Microsoft with new PC operating system

COMPUTERS Google Inc. plans to attack Microsoft Corp.'s core business by taking on the software giant's globally dominant Windows operating system for personal computers.

Google, which already offers a suite of email, web and other software products that compete with Microsoft, said on Tuesday it would launch a new operating system that will initially be targeted at netbooks.

Microsoft shares fell 1.4 per cent to \$22.22 US in early Nasdaq trade yesterday. Google shares rose 1.2

per cent to \$401.36.

Called the Google Chrome Operating System, the new software will be in netbooks for consumers in the second half of 2010.

"It's been part of their culture to go after and remove Microsoft as a major holder of technology, and this is part of their strategy to do it," said Rob Enderle, principal analyst at Enderle Group.

"This could be very disruptive. If they can execute, Microsoft is vulnerable to an attack like this, and they know it," he said. **REUTERS**

Business in brief

OTTAWA Quebec will challenge the federal government in court over plans to create a national securities regulator, accusing Ottawa of trampling on provincial powers. Quebec Finance Minister Raymond Bachand said yesterday his government would refer Ottawa's decision to the Appeal Court of Quebec.

OIL MARKETS Russian

President Dmitry Medvedev delivered a reality check to G8 leaders seeking to reduce oil market volatility, saying it was impossible to regulate prices and that \$70-80 a barrel was a good range. France and Britain have spearheaded efforts to curb oil price volatility, arguing that sharp fluctuations contributed to economic instability. **REUTERS**

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Former U.S. Masters champion Trevor Immelman will miss next week's British Open at Turnberry because of a persistent injury to his left wrist. Immelman said he hoped to return for the Canadian Open the week after Turnberry.

METRO NEWS SERVICES

Sports

EDITOR: CHRIS.CLEMENTS@METRONWS.CA

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Texas at L.A. Angels

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N.Y. Yankees at Minnesota
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Kansas City at Boston
Texas at Seattle

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Atlanta 4 Chicago Cubs 1
Colorado 10 Washington 4
Florida 7 San Francisco 0
Houston 5 Pittsburgh 0
N.Y. Mets 5 L.A. Dodgers 4
Philadelphia 3 Cincinnati 2
St. Louis at Milwaukee

TODAY

St. Louis at Milwaukee
Cincinnati at Philadelphia
L.A. Dodgers at N.Y. Mets
Washington at Houston
Atlanta at Colorado
Florida at Arizona
San Diego at San Francisco

McNair a victim of murder-suicide: Cops

SHOOTING Jealousy drove Steve McNair's 20-year-old girlfriend to kill the former star NFL quarterback while he slept and then herself, the Nashville police chief said yesterday.

Sahel Kazemi shot McNair, 36, in the head while he dozed on the couch of his condominium in the early hours of Saturday, then pumped three more bullets into his head and body, police said.

She then sat down beside him and shot herself in the head, apparently intending to fall into his lap. Her body later slid to the floor of McNair's shared rented condominium. "We think in the last five to seven days of her life many stresses were affecting her, with one of those doubts whether her relationship with Mr. McNair was unravelling," Police Chief Ronal Serpas told reporters.

"We have no evidence that anyone else was involved," he said. Kazemi was working as a waitress in Nashville when she met McNair, who bought her a Cadillac sports utility vehicle and took her on vacations.

Several days before the slaying, Kazemi had seen someone she thought might be McNair's new

girlfriend leaving the apartment, and followed her, the chief said.

Kazemi, who came from an immigrant Iranian family, bought a gun for \$100 after concluding McNair, who was married with four sons, had a new girlfriend, Serpas said.

Her relatives have said she believed McNair planned to divorce his wife and marry her, though no divorce papers were ever filed. Police said Kazemi was also worried about money.

McNair did extensive charity work in Nashville, having played most of his 13 seasons in the NFL with the hometown Tennessee Titans and its predecessor team, the Houston Oilers.

He had the reputation of being a fearless quarterback who overcame many painful injuries. He led the Titans to the Super Bowl in 2000, but lost the game to the St. Louis Rams, and was the NFL's co-MVP in 2003.

McNair ended his career with the Baltimore Ravens and retired after the 2007 season.

A memorial service was scheduled for today at Nashville's LP Field, with burial in McNair's native Mississippi.

REUTERS



Steve McNair

Koivu signs with Ducks

The Anaheim Ducks announced yesterday that the club has signed long-time Montreal Canadiens captain and free agent forward Saku Koivu, left, to a one-year contract. Terms of the deal were not disclosed, but the Montreal Gazette reported the deal is worth \$3.25 million US. Koivu, 34, departs the Canadiens, the only NHL club he's known, after 792 regular-season games since the 1995-96 season.

METRO NEWS SERVICES



Competitors cycle during the fifth stage of the 96th Tour de France yesterday between Le Cap d'Agde and Perpignan.

Voeckler takes stage

Cancellara still leads, with Armstrong close behind

Frenchman Thomas Voeckler timed his move to perfection to clinch a maiden Tour de France win after an early breakaway surprised the sprinters' teams yesterday.

Bouygues Telecom rider Voeckler attacked a group of breakaway riders with less than five kilometres to go in the 196.5-km fifth stage from Cap d'Agde to Perpignan and crossed the line seven seconds ahead of Russian Mikhail Ignatiev.

"I waited for so long for this to happen I had almost ceased to believe in my chances to win a Tour stage," Voeckler told reporters.

"I waited for so long for this to happen I had almost ceased to believe in my chances to win a Tour stage."

Thomas Voeckler

Briton Mark Cavendish won the peloton sprint to take third place, also seven seconds adrift of Voeckler, according to provisional results.

Swiss Fabian Cancellara retained the overall leader's yellow jersey after finishing safely in the pack and still leads seven-times champion Lance Armstrong by a fraction of a second.

American Armstrong and Astana team mate Alberto

Contador of Spain had a quiet day.

"It was an interesting day. Everybody anticipated the wind with what happened two days ago," Armstrong told reporters.

"We stayed out of trouble."

Frenchmen Anthony Geslin and Voeckler, Belarusian Yauheni Hutarovich, Dutchman Albert Timmer, Ignatiev and Poland's Marcin Sapa broke away in the early stages.

REUTERS

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Sports in brief

CHICAGO The Chicago Blackhawks have agreed to terms with left wing Kris Versteeg on a three-year contract. Versteeg, 23, was named to the All-Rookie Team as he led

all first-year players with 31 assists while ranking second with 53 points and fourth with 22 goals in 78 regular-season games with the Blackhawks.

NBA The Boston Celtics have

signed veteran forward Rasheed Wallace. Boston announced the move yesterday, the first day teams were allowed to sign free agents.

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See In-Hall for "FULL NEW PROGRAM" DETAILS or visit www.greyeaglecasino.ca/bingo

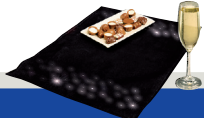
Mon-Sun Evenings: Sales 5:00pm, Nickels 6:15pm
Mon-Sat Late Nights: Sales 9:00pm, Games Begin: 10:15pm
Fri-Sun Afternoons: Sales 11:30am, Nickels 12:15pm

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Lighted placemats

Sylvania's new line of LED items includes lighted placemats. Perfect for creating a great presentation for a special someone. See Sylvania.com for more. **METRO NEWS SERVICES**

**13**

Metro Homes



Sylvania goes LED

Sustainable lighting technology never looked so good with Sylvania's latest line of LED displays, from table runners, left, to hallway guide lights, bottle toppers and colour changing coasters. See Sylvania.com for more.

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Leave town without a worry

HomeScape

Sylvia Putz

metronews.ca/homescape


Going camping or cottaging for a week or two is a summer tradition for many families. If you're lucky, you can go for more than a couple of weeks. Lazing about, relaxing, swimming, sunning, barbecuing, ahh.

But wait a minute. Before you get too comfortable, did you remember to cancel the newspaper or is a pile of newspaper blowing all over your yard at home? Is your mailbox stuffed to overflowing while you cavort at some lovely northern lake? Is your normally well-kept city lawn starting to look like waist-high prairie grasses waving in the wind?

If so, consider this: Everybody knows you're not at home. And this is like an invitation to those who would be tempted to help themselves to whatever might be of interest in your home.

The trick is, of course, to

make it look like you are at home when you are not. Cancel your papers, and ask a neighbour to pick up mail and flyers for you. The last thing you want is papers lying around your door practically broadcasting your absence. An unmowed lawn can also give you away, so arrange for someone to cut it if you're gone away more than a week.

Use timers on lights, and set different times in different rooms. Leave curtains open to avoid that "left town" look. Turn down or turn off telephone ringers that can deliver a "not home" message to anybody who hears it from outside. Timers on TVs or radios can help create an illusion of someone being at home. Radio talk shows can be effective at creating the sound of a conversation in a house.

Keep a car parked in the driveway, or ask a relative or a friend who lives nearby if they could leave their car parked in your driveway while you're gone. Another way to create the illusion of "being home" is to have your neighbour (and you'd better be very nice to them from now on) take your trash or recyclables to the curb on garbage pickup day



Keeping a car in your driveway when you're not home can be a good deterrent to would-be criminals looking to loot your place.

and remove it in the evening. (This is, providing your city workers are not on strike.)

Ask family or good friends who live close to visit periodically, water the plants, check the house and just take a look-around.

Also tell a trusted neighbour that you'll be going away and for how long. Tell them about any planned visitors to your house (such as your walk-around relatives or friends) during your absence. Give them your number while you're away in case of an emergency.

Giving them a key might not be a bad idea either, in case they need to get into the house to check, for in-

"Use timers on lights, and set different times in different rooms. Leave curtains open to avoid that 'left town' look."

stance, a fire alarm that is sounding.

While these kinds of precautions will create a lived-in look, other things are just security-minded reminders. Thieves, like the rest of us, are attracted to easy jobs. It's worth the trouble to make their work more difficult — maybe they'll just pass. When you go away, make sure windows are locked, and use a wooden strip in sliding tracks for extra security. Double check that doors are locked, preferably using deadbolt locks. And since garages sometimes offer

easy access into a home, make sure your garage door is locked and secure.

Lastly, you might consider home alarm systems, as they make your home a less likely target for thieves. Plus some insurance companies offer a discount on property insurance if you install a monitored system.

And once you've secured the home base, you can truly relax and enjoy that well-deserved vacation away from home.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show *Arresting Design*; sputz@arrestingdesign.com.

Inspire creativity with a new space

LIVING Now that your children are out on their own, you may want to concentrate on those hobbies you never had time for or create the home office you have always wanted. Whether your passion is scrapbooking or you need a place to keep your files in order, having the proper work area can help you complete your tasks. "Start off with one of the great storage options available to help you organize, and complete the project by adding unique decorative pieces to complement your individual style," says Frank Turco, Manager of Colour, Trend and Design from The Home Depot.

Lighting

Once the space is organized, consider the optimal layout for lighting. If your work is detailed or if you will be spending hours

reading, selecting a bright light at the appropriate height will allow you to focus on minute details. For an environmentally preferred option, choose one of the many LED lights available at The Home Depot.

Storage

A great craft corner or office is one with supplies that are organized and easy to find. From Closet-

maid's versatile storage system to ready-to-install or custom cabinetry, there is a perfect option for every space and need. Whether you need multiple small shelves to store all your supplies or a large display area to showcase your finished projects, it's easy to customize the storage for your new hobby corner to suit your preference and space limitations.

NEWS CANADA



Rentals and Sales

Christopher Kellett | 403.990.9297 | www.serlox.com
Licensed MLS Realtor for Power Properties with 10 years Property Management Experience

Car Insurance Myth #4:

If I have tickets or accidents, I will always pay a lot for car insurance.

Truth:

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An international food safety body has set rules to cut levels of cancer-causing chemicals and bacteria in foodstuffs ranging from French fries to baby food, the U.N. Food and Agriculture Organization said this week. **REUTERS**

Food

Peaches are picked when mature but firm for the journey to market; most will need a little extra ripening at home.



Ripening

Food for thought
Keep them at room temperature out of direct sun until ripening begins. Sealing them in a paper bag can speed the process.

CANADIANLIVING.COM

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Canadian Living magazine is on sale now!

Canadian Living recipe of the month

Pork dinner, peach dessert

The dishes in this meal features light, fruity flavours

Lemon Mint Pork Tenderloin

SERVES 4-6
PREP TIME: 15 MINUTES
COOK TIME: 15 MINUTES

INGREDIENTS:

- 1 tbsp (15 ml) grated lemon rind
- 3 tbsp (45 ml) each lemon juice, extra-virgin olive oil and liquid honey
- 1 tbsp (15 ml) chopped fresh mint
- 1 clove garlic, minced
- 2 pork tenderloins (each 12 oz/375 g)
- 1/4 tsp (1 ml) each salt and pepper

METHOD:

In large bowl, whisk to-

gether lemon rind and juice, oil, honey, mint and garlic. Add pork, turning to coat; cover and refrigerate for 10 minutes or for up to 8 hours.

Place pork on greased grill over medium-high heat; brush with any remaining marinade. Close lid and grill, turning once, until juices run clear when pork is pierced and just a hint of pink remains inside, 15 to 20 minutes.

Transfer to cutting board and tent with foil; let stand for 5 minutes before carving into 1 cm-thick slices. Sprinkle with salt and pepper.

Peach and Blackberry Cornmeal Cobbler

If you can't find any blackberries, use raspberries instead. Serve warm with a scoop of vanilla ice cream for a homey and comforting dessert.

SERVES 6-8

INGREDIENTS:

- 7 cups (1.75 L) sliced pitted peeled firm ripe peaches
- 1 cup (250 ml) blackberries
- 1/3 cup (75 ml) granulated sugar
- 2 tbsp (25 ml) cornstarch
- 1 tbsp (15 ml) lemon juice

Cornmeal topping:

- 1 cup (250 ml) all-purpose flour
- 1/2 cup (125 ml) cornmeal
- 1/4 cup (50 ml) granulated sugar
- 1 tsp (5 ml) grated lemon rind
- 1 tsp (5 ml) baking powder
- 1/4 tsp (1 ml) baking soda
- 1/4 tsp (1 ml) salt
- 1/3 cup (75 ml) cold unsalted butter, cubed
- 2/3 cup (150 ml) milk

TESTED TILL Perfect



Canadian peaches are available from mid-July through late September. Pick up local peaches for the freshest taste.

Read more on page 15 »

St. Mary's University College 10th Annual Golf Tournament

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Calgary Elks Lodge & Golf Club

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Cracking down on chemicals

An international food safety body has approved measures to reduce acrylamide in foods, a chemical which may cause cancer and is produced during frying, roasting and baking of carbohydrate-rich foods: French fries, potato chips, pastries and breads. **REUTERS**



***** INSPIRED; **** VERY GOOD; *** PALATABLE; ** HO-HUM; * NEVER AGAIN

Check out this Chick

LunchRush

Carla Ciccone

metronews.ca/lunchrush

The Chick Pea
120-732 8 Avenue SW
403-264-9299

Hours of operation: Mon-Fri, 10 a.m. – 5 p.m.
Rating: ****
Price range: \$
Reservations: Yes
Client negotiations: Yes
Lunch w/co-workers: Yes
Social Lunch: Yes
Quick solo lunch: YNo
Time in: 1:00 p.m.
Ordered: 1:05 p.m.
Food arrived: 1:10 p.m.
Time out: 1:30 p.m.
Total time: 30 minutes
Low \$: Baklava, \$1.25
High \$: Chicken Plates, \$9.50
Lunch menu: Same Menu
Licensed: Yes

Sometimes, the best lunches are the simplest ones, and lunch doesn't get much simpler than at The



Falafel, \$7.50, which was stuffed with hummus, hot sauce, lettuce, cabbage and pickles.

Chick Pea. This great little spot in the heart of downtown welcomes hungry Calgarians with its minimalist aesthetic and straightforward menu. Lunchers can choose from sandwiches, salads and plates — all of which centre around classic Middle Eastern and Mediterranean dishes and the mighty chick pea, of course. I opted for the Falafel (\$7.50), which was a massive beast of a meal in itself. A large pita stuffed with hummus, hot sauce, lettuce, cabbage, pickles and the falafels themselves, which are fried ball-shaped patties made out of chick peas.

Mediterranean food is a

treat when done well, and it is done very well at The Chick Pea. The fresh, simple ingredients are put together quickly in assembly line fashion, but also done so with great care. The Chick Pea services a very large and hungry lunch crowd daily, so be prepared for a line if you arrive at noon. Even though the falafel I got was large enough to fill me twice over, I couldn't resist getting a piece of the Baklava (\$1.50), because it looked so perfect. Crispy, yet filled with succulent sweet sauce and nuts, it was the perfect end to a very filling, fast and healthy lunch at The Chick Pea.

On the web



Global Peasant:

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Visit metronews.ca/globalpeasant to read Diane's raw ice cream recipe — Chocolate Banana Ice Cream.

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Liquid Assets:

- "Ketchup, relish, mustard and spicy sauces can generally work out a compromise with medium dry white wines (and cold beer) but they can wreak havoc on a red." Peter Rockwell offers up two red wine picks for your summer barbecue. Visit metronews.ca/liquidassets

Cobbling it all together

>> Continued from page 14

METHOD:

In large bowl, gently toss together peaches, blackberries, sugar, cornstarch and lemon juice; scrape into 8-inch (2 L) square glass baking dish.

Cornmeal topping:

In large bowl, whisk together flour, cornmeal, sugar, lemon rind, baking powder, baking soda and salt; using pastry blender or two knives, cut in butter until crumbly. Drizzle with milk, stirring to form soft, sticky dough. Drop topping by 1 tbsp (15 mL) onto peach mixture.

Bake in 375°F (190°C) oven until bubbly and biscuits are golden and no longer doughy underneath when lifted, about 50 minutes.

• Make-ahead: Let cool. Cover loosely with foil and refrigerate for up to 24 hours; reheat in 350°F/180°C oven for about 30 minutes.

• Looking for a crisp, light coleslaw to accompany the tenderloin? Visit metronews.ca/food for a Classic Coleslaw Plus recipe.

online

For more Tested-Till-Perfect recipes, visit canadianliving.com



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Style

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Get fall fashion ready with our exclusive runway report, only in our August issue!



IT'S A GREAT ESCAPE!

Why not live like the beautiful peeps?
Next stop: Paradise

Bon voyage To be immediately transported, crush a sprig of fresh mint, then let the beauty of this edgwood Anthemion cup and saucer do the rest (cup, \$240, and saucer, \$180, waterfordwedgwood.ca).



Modern bauble Unlock the secret to effortless style with an ultra-chic key from Tiffany & Co. (\$230 to \$3,300 each, tiffany.ca).



AUDREY HEPBURN
ELEGANT AND GAMINE, THE ICONIC ACTRESS EMBODIED THE SPIRIT OF THE GOOD LIFE.

INSPIRATION



Hot to trot Miles to go before you sleep? Enlist Zoe & Zac's walking flats (\$39.99, at select Payless ShoeSource stores).



Swept away Let the scent of vanilla mingle with the sea breeze. Guerlain Tiaré-Mimosa Eau de Parfum Spray (\$56 for 75 mL, at Guerlain counters)



Dream, girls This Sweet Cluster ring from Anthropologie captures the jet-set glam of tropical travel (\$38, anthropologie.com).

STUDIO ANDRÉ DODON

- Glenbow Museum Treaty 7 Photo Exhibit | July 13 - August 31
- Calgary Chamber of Commerce Keynote Speaker Luncheons | July 20 - July 22*
- Olympic Plaza Pow Wow | July 22 | 11:00 am Grand Entry | 12:00 pm - 6:00 pm
- National Chief's Reception | July 23 | 5:30 pm - 8:30 pm | Hyatt Regency*
- Stephen Avenue First Nation Arts & Crafts | July 21 - 23
- First Nation Youth Symposium | Calgary Chamber of Commerce | July 23 | 9:00 am - 4:00 pm

Assembly of First Nations
www.2009AFNhost.com

Zooey's indie spirit

By NOREEN FLANAGAN
Executive Editor

Zooey Deschanel's earliest notions about romance may have come from musicals such as *Singin' in the Rain*, but the 29-year-old actress says that she wasn't duped into believing in happily-ever-after endings. "I'm realistically romantic," she says. "My generation tends to be either overly cynical or too romantic."

In her latest film, (500) Days of Summer, Deschanel's character (Summer) skews to the cynical side of the love equation,

whereas her co-star Joseph Gordon-Levitt plays a young man (Tom) who is hopelessly smitten. This tale of unrequited love chronicles the giddy highs and crippling lows that Summer and Tom experience during their 500-day relationship. "Everyone has been a Tom or a Summer — or both — at some point," says Deschanel. "Both are difficult positions to be in. With one, you get all the feeling and emotion of the experience; with the other, you feel completely removed from the experience that somebody else is having with you."



Deschanel has an equally pragmatic approach to her other creative love: music. In 2008 Deschanel paired with M. Ward to form the indie rock group She & Him.

Editors' Pick

FRENCH KISS



Denis Gagnon collaborated with Fullum & Holt (the Montreal leather-goods brand) to create a line of chic handbags (\$550 each, fullumandholt.com).

To read these stories and more, visit: ellecanada.com

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Cause of Jackson's death 'deferred'

With toxicology tests still being conducted, Michael Jackson's cause of death is listed as "deferred" on his official death certificate, which was issued Tuesday, the same day as his private funeral and public memorial. **PEOPLE.COM**

17

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

A CLASSIC; EXCELLENT; GOOD; FAIR; POOR

Infectious rural roots

Rural Alberta Advantage

Album: Hometowns
Label: Saddle Creek/Outside
Rating: ⚡⚡⚡⚡

LISTEN TO THE Rural Alberta Advantage and you'll likely feel two things: Refreshed and inspired. This Toronto band — singer Nils Edenloff hails from Edmonton — delivers a fascinating listen, combining rollicking indie rock and barn burning roots with non-stop percussion. Edenloff doesn't have the cleanest voice,



Listen to this week's reviewed music at metronews.ca/music

but his forceful, scratchy pipes, and the album's lo-fi recording, makes this listen much more immediate. The subject matter isn't original; songs about home, in this case Alberta, is so Canadian, but they avoid nostalgia, making this an easily relatable record. Definitely one of the most infectious albums of the year.

Bryan Borzykowski/for Metro Canada

Maxwell

Album: BLACKsummers' night
Label: Sony Music
Rating: ⚡⚡⚡

FOR HIS FIRST studio outing in eight years, Maxwell continues to

**MusicReviews**

music@metronews.ca

push an encouraging trend in contemporary R&B circles, returning to old school seductive soul in the style of Marvin Gaye and Al Green. The Brooklyn native has the voice for it, demonstrating a note-bending falsetto that, at times, rivals that of Aaron Neville. Yet, there's a banality to the "I've-got-a-Jones-for-you" lyrics that holds this record back. The true star here is the work of producer Hod David and his remarkable band, driven by a three-part horn section and the fluttering organ of Shedrick Mitchell. Maxwell would be wise to keep the band together for the next instalments in this trilogy.

Graham Rockingham/for Metro Canada

Son Volt

Album: American Central Dust
Label: Rounder
Rating: ⚡⚡⚡⚡

SON VOLT PUTS away the psychedelic effects and delivers a straight up slice of rootsy, well-crafted Americana. Singer-guitarist Jay Farrar writes songs for rust belt victims and lost cowboys. He gets extra points for penning an empathetic song (Cocaine and Ashes) about Keith Richards' admission that he snorted his dad's crematory ashes. It's that kind of twisted sentiment that keeps this band a cut above most other alt-country outfits.



Graham Rockingham/for Metro Canada

**Dinner in Paris**

Britney Spears treated her boys Sean, 3, and Jayden, 2, to dinner at the Eiffel Tower Tuesday in Paris. "Just had dinner with my boys at the Eiffel Tower," she wrote on Twitter. "So beautiful." **USMAGAZINE.COM**



Hometowns is the new album from Rural Alberta Advantage.

Restocked stores boost Jackson sales

MUSIC On the day the world said goodbye to Michael Jackson, his star continued to shine on Billboard's charts, a testament to his lasting musical legacy and impact.

Based on preliminary sales numbers from Nielsen SoundScan, Jackson's catalogue of solo albums sold a whopping 800,000 copies in the U.S. in the tracking week that ended at the close of business Sunday. That's an increase of 90 per cent from the previous week, when his combined albums sold 422,000.

A jump in sales was expected, since this was the first full week of sales since Jackson's passing on June 25. Most physical retailers swiftly sold out of available Jackson albums in the days after his death, but last week Sony Music Entertainment and Universal Music Group replenished brick-and-mortar stores with CDs to meet customer demand.

REUTERS



CA	Vu SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
7/19/09	267 351 - ACCESS	Alberta Primetime (Live)	Greek	The Listener (HDTV) (N)	Private Practice	(9:58) Grey's Anatomy	Primerime			
	243 317 3 CFCN	Corner Gas	Hollywood	The Simpsons	CSI: Crime Scene Invstgtn.	So You Think You Can Dance	News (N)			
	- 4 OMNI	Two/Half Men	The Simpsons	News	News	The Simpsons	King	Metropia		
	- 371 5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Samantha Who	Samantha Who	Grey's Anatomy	Practice	
	245 306 6 CBRT	Coronation St.	Jeopardy! (N)	Doc Zone (HDTV)	Stampede Wrap Up	CBC News: The National	Stampede	CBC News: The National	Stampede	
	244 338 7 CICT	ET Canada	Entertainment	Harper's Island	Big Brother 11 (N)	The Unit "Play 16"	News Hour	According-Jim	30 Rock	Your City
	246 - 8 CKAL	Law & Order: SVU		Law & Order: UK	30 Rock	Scubs	News Hour	Le Téléjournal et Les Nou	Cooper 360	TJ Alberta
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	- 10 SHAW	(6) Local Programming								
	- 372 12 KREM	News (N)	Hollywood	The Doctors (N)	Big Brother 11	CSI: Crime Scene Invstgtn.	The Mentalist			
news	- 374 14 KSPS	NewsHour With Jim Lehrer	Paris "City of Dreams"	Midsomer Murders	MI-5 Tom disappears.	Soundstage (N)				
	502 390 15 CBC	CBC News: The National	The Nature of Things	CBC News: The National	CBC News: The National	CBC News: The National	Nature-Things			
	- 370 16 KHQ	News	Jeopardy! (N)	Wheel-Fortune	30 Rock	The Office	The Listener			
	- 373 22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	Bones (HDTV PA)	So You Think You Can Dance	News (N)		
	297 652 37 WPX	Supernatural (HDTV)	PIX News at Ten Tong.	Anderson Cooper 360 (HDTV)	Two/Half Men	Friends	Sex and-City	According-Jim	Fraser	
	500 500 31 CNN	Jane Velez-Mitchell	Nancy Grace	Showbiz Tonight			Larry King Live	According-Jim	Cooper 360	Nancy Grace
	408 402 21 TSN	CFL Football: Eskimos at Alouettes	SportsCentre (Live)	Showbiz Tonight			Premier League Poker III (N)	Premier Poker		
	408 413 27 net	UFC: Access	MLB Baseball	Florida Marlins at Arizona Diamondbacks.	From Chase Field in Phoenix.		World Sport	UFC Top 100		
	410 403 30SCORC	Poker	Score Tonight	Final Score	Final Score	Final Score	Final Score	Final Score		
	411 457 44 OLN	(6) Cycling Tour de France -- Stage 6.	Score Tonight	Cycling Tour de France -- Stage 6.	From Gerone to Barcelone.					
sports	417 406 48 SPEED	NASCAR Racing: Sprint Cup Qualifying	Wrecked	Pimp My Ride	Pass Time	In Real Life	NASCAR Race	Falcon Beach		
	552 543 20 YTV	iCarly	Family Biz	Family Biz	Malcolm-Mid.	Futurama	Wizards-Place	Life Derek	Ned's School	
	557 541 39 FAM	Zoeys 101	Wizards-Place	Han. Montana	The Suite Life	6TEEN	6TEEN	Futurama	Blade II *** (2002, Horror)	
	555 545 67 TOON	Ben 10	Johnny Test	Jimmy Two	Total Drama	Tuckerville	The Wilkinsons	The Blue Collar Comedy Tour	Backyardigans	Ni Hao, Kai-lan
	575 583 11 CMT	Reba	Hope & Faith	Hope & Faith	Comfy Couch	Zigby	Max & Ruby	Babar	Til Death	The Beast
	553 546 17 TREE	Little Bear	Maggie-Beast	Comfy Couch	Zigby	How I Met	'Til Death	The Beast		
	- 18 CHTV	The Insider (N)	El News	True Hollywood Story	EarthWatch One	EarthWatch Two				
	505 398 19 TWN	(5) EarthWatch One	Style by Jury	Style by Jury	Style by Jury	Friends	Divine Design	House	Confidential	Save Us-House
	602 568 23 W	Style by Jury	Style by Jury	Style by Jury	Friends	Divine Design	House	Confidential	Save Us-House	Divine Design
	521 560 24 TLC	LA Ink (HDTV)	LA Ink "Kat's Back" (N)	Ace of Cakes	Ace of Cakes	Boys Weekend	The Wild Chef	Unwrapped	Unwrapped	Eat to Save
family	603 561 25 FOOD	Jamie's Eat to Save Your Life	Crime 360 (HDTV) (N)	Crime 360 (HDTV) (N)	Love-Death	Love-Death	Love-Death	The One That Got Away (N, Drama)	Trading Sp	
	615 520 26 A&E	Crime 360 "Indianapolis"	The Outer Limits	Bulging Brides	Bulging Brides	Roxanne *** (1987, Romance-Comedy)	Steve Martin.	MythBusters (Part 1 of 2)	MythBusters	Ned's School
	617 522 32 SHOW	Trailer Park	Trailer Park	10 Pounds	MythBusters	Daily Planet	Law & Order	Seinfeld	Road Trip (2000, Comedy)	Comedy Now
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	- 633 34 ENC2	Finding Grace.	(7:25) Wedding Night ** (2001, Comedy)	MythBusters	Daily Planet	Law & Order	Seinfeld	Road Trip (2000, Comedy)	Comedy Now	
	520 505 35 DISC	Marker (2005, Drama)	Iris Graham.	DVS)	Road Trip ** (2000, Comedy)	Seann William Scott.	Corner Gas	The Simpsons	South Park	Comedy Now
	526 523 36BRAVO	Friends	Friends	Road Trip ** (2000, Comedy)	Seann William Scott.	Corner Gas	The Simpsons	South Park	Comedy Now	
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	626 547 41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs	Corner Gas	The Simpsons	South Park	Comedy Now	
	- 539 42 TCM	(6) Union Pacific (1939, Western)	Dodge City *** (1939, Western)	Errol Flynn.						
cable variety	628 584 43 SPIKE	TNA IMPACT! (HDTV) (N)	Jesse James is a Dead Man	MANswers	GameTrailers	MANswers				
	522 516 45 HIST	Unlocking the Past	Ancient Discoveries	Unlocking the Past	Star Trek: Next Gener.	Trek: Voyager				
	627 528 46 SPACE	Basilisk: The Serpent King (2006, Horror)	Yancy Butler.	Stargate SG-1 (DVS)	Blazing Saddles *** (1974, Comedy)					
	- 47 AMC	(6) Blazing Saddles	Caddyshack *** (1980, Comedy)	Chevy Chase.	Traders "The Afterlife"	Inside Hollywood	Seinfeld	Raymond	Family Guy	
	619 525 49 TROP	North of 60	Traders "The Afterlife"	Inside Hollywood	Seinfeld	Raymond	Family Guy			
	600 564 50 HGTV	Disaster DIY	Big Amazing	House Hunters	House Hunters	News	CTV News	News	CTV News	News
	501 391 52 CTV	CTV News Tonight	Market Call	Market Call	Commodities	Business News	Squeeze Play	Most Haunted		
	504 508 70 BNN	Squeeze Play	Passion	Homicide File	Psychic Inv.	Encounters	Judging Amy			
	526 507 92 VIVA	The Closer "Borderline"	Warriors: TKO	Wapros Bay	By the Rapids	renegadeexpress	Cellular *** (2004, Suspense)	Kim Basinger, Chris Evans.	Tears	
	- 94 MCP	News	Kingdom-Wind	Banquet	Kingdom-Wind	Entourage	Gene Simmons	Paris Hilton's My New BFF	Technical Diff.	
cable variety	571 581 100 MMM	MuchMoreMusic Countdown	Video on Trial	Born to Be	One Tree Hill	MTV Live	After	The Real World	Canada-Model	
	570 580 101 MM	Paris Hilton's My New BFF	Run's House	Run's House	Canada's Next Top Model					

critics' corner**MythBusters**

You didn't need your head attached to your body, did you? Ever hear the rumor that if a high-tension cable snaps and hits you, something's getting sliced — and it isn't bread? Jamie and Adam decide to test that theory in this episode, but here's betting they're not going to use a real person to experiment on (insert crossed fingers here). 8 PM on DISC

**30 Rock**

The road of love gets bumpy for Liz and Jack (Tina Fey, Alec Baldwin). Liz dumps her boorish boyfriend (Dean Cain) and seeks Jenna's (Jane Krakowski) help in getting back into the singles scene. Jack realizes that dating a high-ranking aide to the president of the United States carries its own baggage. The hostility between Tracy and Toofers (Tracy Morgan, Keith Powell) lands them in sensitivity training in "The Break-Up." 9 PM on CKAL



The Real Housewives of New York City regular Bethenny has a pre-engagement ring from her boyfriend of a less than a year, Jason Hoppy, eonline.com reports. A source says "the ring is a placeholder. But she is definitely getting married." **METRO NEWS SERVICES**

A ring for Bethenny

Celebrity Buzz

Tears flow in tweets during MJ memorial

MOURNED Jane Fonda, Yoko Ono and Paris Hilton logged on during Michael Jackson's memorial service to express their sadness at his death, femalefirst.co.uk reports.

A flurry of messages were posted on social networking site twitter.com during the emotional service at Los Angeles' Staples Center.

Fonda wrote, "Watching Usher sing to Michael's casket. Tears rolling down

my cheeks." Hilton added, "In tears watching the MJ Memorial Service on TV, so touching. Everyone loves you Michael!"

Nick Cannon even managed to update

his website from the ceremony — where his wife Mariah Carey performed the Jackson 5 hit

I'll Be There — writing, "A day of mourning. Here in the Staples Center, God is absolutely present."

Ono, whose late husband John Lennon was murdered in 1980, added, "Michael Jackson: Rest Well In Peace. We will always remember you and love you for what you were to us. With love."

METRO NEWS SERVICES



Beyonce eyeing Sister Act remake

HERE COMES THE NUN Beyonce Knowles is reportedly in talks to turn the Sister Act stage musical into a movie, femalefirst.co.uk reports.

The singer caught a performance of the hit theatre show — based on the Whoopi Gold-

berg film of the same name — during her recent trip to London, and she was so taken by the performance, she's allegedly looking to remake it as a movie.

A source tells Britain's Daily Mail, "Beyonce has asked her representatives to persuade Disney to develop the show into a film vehicle for her."



METRO NEWS SERVICES

Radcliffe dating girls his own age

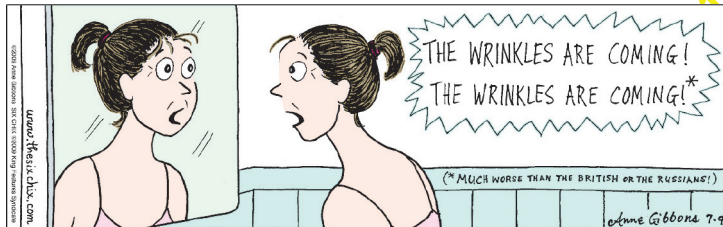
LOVE LIFE Harry Potter star Daniel Radcliffe admits that as he's gotten older, he's become more open to dating women his own age. "I've been out with a couple of women who have been older than me," the 19-year-old tells People magazine. "I think it's the maturity thing more than anything else ... girls my age are now mature, so it's great. I've widened the field."



METRO NEWS SERVICES

ComicsOnline

For more cartoons, visit metronews.ca



Morissette toured with monkey

GOING APE Canadian rocker Alanis Morissette had an unlikely companion while touring Indonesia — a pet monkey she "borrowed" from a local in exchange for tickets to her show, femalefirst.co.uk reports.

The animal-lover was in

the capital Jakarta when a young man offered to trade his pet for VIP access to an upcoming show in the city. She recalls, "A young gen-

tleman had a monkey in his hands with a diaper ... And he said, 'If you want this animal, I'll give this animal to you but you have to give me tickets backstage.' He came everywhere with me."

METRO NEWS SERVICES



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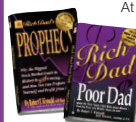
Robert Kiyosaki, author of the runaway bestseller *Rich Dad Poor Dad*, saw this crash coming **six years ago!** He wrote about it in his book, *Rich Dad's Prophecy*. That book not only said the biggest stock market crash in history was coming — it also outlined a **plan to prepare yourself and potentially profit from it.**

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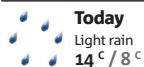
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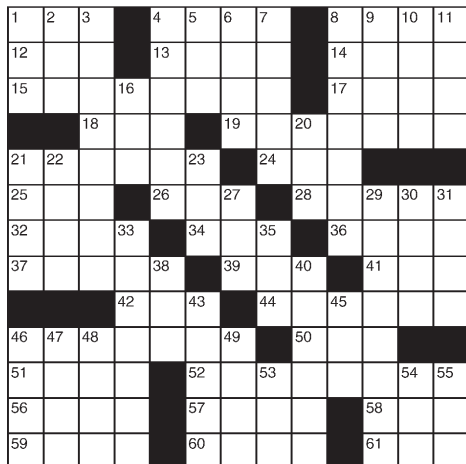
Robert Kiyosaki will not attend this workshop.



Andrew Schultz, Weather Specialist – Breakfast Television

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."

WEEKDAYS AT 6 A.M.



Crossword across

- 1 Crazed
- 4 Cabin components
- 8 Pushpin
- 12 Inventor Whitney
- 13 Last write-up
- 14 Turkish bigwig
- 15 Active person
- 17 MRI forerunner
- 18 "A mouse!"
- 19 Cow catchers
- 21 Insignia
- 24 Fond du —, Wisc.
- 25 Court
- 26 "Uh-huh"
- 28 Birth-related
- 32 "Desire Under the —"
- 34 Peregrinate
- 36 Infant
- 37 Change your offer
- 39 Intimidate
- 41 Barbie's companion
- 42 Period
- 44 Highway stopovers
- 46 Patella
- 50 Lummo
- 51 Tittle
- 52 1950s dance resembling an elaborate patty-cake
- 56 Tart
- 57 Piece of work
- 58 By way of
- 59 Read quickly
- 60 Simple
- 61 Ostrich's cousin

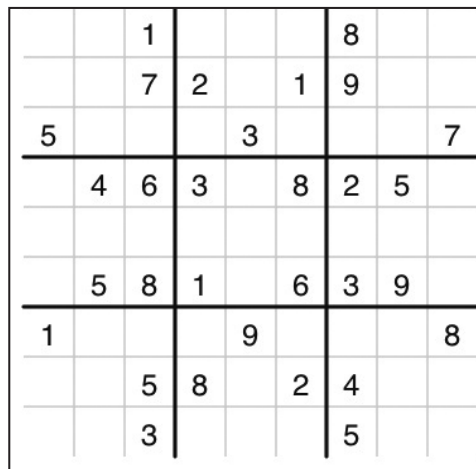
Crossword down

- 1 Blanc or Brooks
- 2 "The Greatest"
- 3 Attack forcefully from above
- 4 Mellow
- 5 Sapporo sash
- 6 Y chromosome lacker
- 7 Filch
- 8 Urban transport
- 9 "Slumdog Millionaire" site
- 10 Converse
- 11 Kyser and Thompson
- 16 Moray, for one
- 20 Skeddaddled
- 21 Ornamental pitcher
- 22 Double agent
- 23 Face
- 27 Atl. counterpart
- 29 Relax a bit
- 30 First victim
- 31 Photog's choice
- 33 Type of baseball pitch
- 35 Comic DeLuise
- 38 "What's up, —?"
- 40 "Give a hoot, don't pollute" owl
- 43 California-Nevada lake
- 45 Trump casino-hotel
- 46 Smooch
- 47 Cranny
- 48 Needle holder
- 49 One of the Three Bears
- 53 Greek consonants
- 54 Energy
- 55 Water (Fr.)

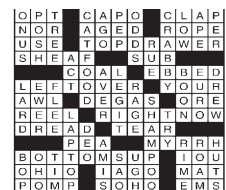
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



7	9	6	3	4	5	1	8	2
3	2	8	1	7	9	6	5	4
4	5	1	2	6	8	7	3	9
1	7	9	5	8	2	3	4	6
6	8	2	4	3	7	5	9	1
5	3	4	9	1	6	8	2	7
8	4	3	6	2	1	9	7	5
2	1	5	7	9	3	4	6	8
9	6	7	8	5	4	2	1	3

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

- Under 13 minGenius
- 13-17 minScholar
- 17-21 minSmart
- 21-25 minNot bad
- 25+ minKeep practising

Metro Recipe of the Day



Chicken Flatbread

Submitted by Crystal Porter, Yarmouth, N.S.

INGREDIENTS:

- 4 pieces of multi grain flat bread (assuming pita)
- 2 cups cooked, chicken strips/pieces
- 4 tbsp Hummus (1 tbsp for each piece)
- 1 1/2 cups spinach uncooked
- 1/2 cup feta cheese (crumbled)
- 1/2 cheddar cheese (curls)
- 1 small onion or green onion finely diced
- 1 small tomato finely diced
- 1 carrot finely chopped
- 4 tsp chopped green olives (2 or three whole olives per flatbread)
- 1 tsp oregano

METHOD:

Spread 1 tbsp of Hummus on each piece of flat bread



submitted by a Club Member!

and distribute the rest of the ingredients evenly among all four pieces of flat bread.
• Optional: Vegetables can be prepared in a food processor, to cut down the amount of chopping.

SERVES 4

PREP TIME: 10 MINUTES
COOK TIME: 5 MINUTES



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Horoscopes by Sally Brompton

sallybrompton.com

ARIES

MARCH 21-APRIL 20

You may have to read the riot act to a so-called friend who has taken one too many liberties. Let them know what is at stake — your friendship for a start.

LIBRA

SEPT 23-OCT 23

Your drive and dedication will sweep away obstacles and get you to where you most want to be.

TAURUS

APRIL 21-MAY 21

Make a point of encouraging friends and family members today. Don't — repeat, don't — make comments that are critical.

SCORPIO

OCT 24-NOV 22

Are you thinking big? Are you aiming high? If not, you should be. Today you must, because there is so much at stake. It's time to move up in the world.

GEMINI

MAY 22-JUNE 21

Today's Sun-Saturn aspect will put you in contact with someone who can help realize your goals. Take advantage of their friendship.

SAGITTARIUS

NOV 23-DEC 21

Once again you are standing on the sidelines while those of lesser talent are enjoying the applause and the rewards that should, by rights, be yours.

CANCER

JUNE 22-JULY 22

Not everyone will agree with what you are planning but what do you care about that? You don't need approval, you need boldness and ambition.

CAPRICORN

DEC 22-JAN 20

You may be tempted to close your ears to something you don't want to know about but that could be dangerous.

LEO

JULY 23-AUG 23

No matter how badly someone may have treated you recently, if you don't move on it will be you who suffers. They're not worth getting worked up about.

AQUARIUS

JAN 21-FEB 18

You will understand why certain people were so determined to keep you in the dark. You can negotiate yourself a better deal.

VIRGO

AUG 24-SEPT 22

If you go over the same old ground in the same old way today you will most likely get the same old results. Try a different approach for a change.

PISCES

FEB 19-MARCH 20

The efforts you put in and the sacrifices you made earlier in the year will be rewarded today.

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